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ACCOUNT OF THE MEDICAL PROPERTIES OF THE GREY SULPHUR SPRINGS.

THE great reputation which the Mineral Springs of Virginia have of late years acquired, cause them to be resorted to, in great numbers, not only by invalids from every section of the United States and foreign parts, but also by individuals of leisure and fashion, whose principal object is, to pass the summer in an agreeable manner. The properties of the Warm, Hot, Sweet, White Sulphur, Salt Sulphur and Red Sulphur Springs are generally known. Those of the Grey Sulphur having been ascertained only within the two last years, have yet to be made public, and in order to do so, we are induced to give in this form, an account of the situation and medical properties, together with a statement of some of the cases benefited by the use of the waters.

The Grey Sulphur Springs are situated near the line, dividing the counties of Giles and Monroe, Virginia; on the main road leading from the Court-House of the one to that of the other. They are $\frac{3}{4}$ of a mile from Peterstown, 9 miles from the Red Sulphur, and by the County road, 20 $\frac{1}{4}$ miles from the Salt Sulphur Spring. In travelling to the Virginia Springs; by either, the main Tennessee, or Goodspur Gap roads, and crossing the country from Newbern, by the stage road to the Sulphur Springs, the Grey Sulphur are the first arrived at. They are 30 miles distant from Newbern. The location is such as will admit of many and varied improvements, which when completed, will render this spot an elegant and desirable resort during the summer months, independent of the high medicinal properties of the Mineral Waters.

The present improvements consist of a brick Hotel 90 feet long, and 32 wide; two ranges of cabins 162 feet long each, which, with other buildings in connexion, afford accommodation for from 80 to 100 visitors.

There are two Springs at this establishment, situated within five feet of each other and inclosed in one building. Although rising so

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near to each other, yet they differ most materially in their action on the system. Both appear to be peculiarly serviceable in dyspeptic cases, and in such as originate in a disordered state of the stomach—the one in those, in which inflammation exists, the other in such as proceed from torpidity. They have hitherto been known as the Large and Small Springs; but having succeeded towards the close of the last season in procuring a much larger supply of water at the Small Spring, than is afforded by the Large, a change of names became necessary. The Large will hereafter be known as the Anti-dyspeptic, and the Small as the Aperient, which names will serve to point out their peculiar characteristics.

These Springs have been classed by Professor Shepard, as “*Alkalino Sulphurous*,” a variety so rarely met with, that another is not known to exist elsewhere in the United States. The waters are beautifully clear, and highly charged with gas, which render them light and extremely pleasant, especially that of the Anti-Dyspeptic Spring, which produces none of those unpleasant sensations so frequently felt on the first drinking of Mineral Waters.

When first purchased some of the water was submitted to a chemist for analysis; the quantity, however, was too small for him to ascertain all its ingredients. A more recent examination has been made by Professor C. U. Shepard, who has furnished us with the following abstract of an article which appears in the April Number (1836) of Professor Silliman’s Journal of Science and Arts.

“The following is the most satisfactory view which my experiments enable me to present of the condition of these Waters.

Specific gravity, 1,003,

SOLUBLE INGREDIENTS.

Nitrogen,
Hydro Sulphuric acid,
Bi-Carbonate of Soda,*
A Super Carbonate of Lime,
Chloride of Calcium,
Chloride of Sodium,
Sulphate of Soda,
An Alkaline or earthy Crenate, or both,
Silicic acid.

INSOLUBLE INGREDIENTS.

Sulphuret of Iron,
Crenate of Per Oxide of Iron,
Silicic Acid,
Alumina,
Silicate of Iron.

* It cannot be determined whether free carbonic acid exists in these waters without going into a quantitative analysis.—C. U. S.

My experiments do not permit me to point out the differences between the two Springs with precision. The new Spring appears to give rise to a greater amount of hydro-sulphuric acid, as well as of iron and silicic acid. Probably it may differ in still other respects. I have not examined it for Iodine or Bromine."

As no regular analysis was attempted, the quantities in which these several ingredients exist, still remain undetermined. That they are in different proportions in the two Springs, is evident not only from their deposits, but also from their action on the system. The action of the Anti-Dyspeptic Spring is diuretic and gently aperient, tending to restore the healthy performance of the functions, and reduce or diffuse the local irritations of disease. The Aperient Spring while it possesses all the alkaline properties of the other, has an aperient and alterative action. Possessing more iron, (of which the other has but a trace,) it acts more powerfully as a tonic, whilst its other ingredients cause it to act in some cases as a very powerful aperient.

As these Springs have been visited by invalids, only during the two last seasons. It is reasonable to suppose that all their properties have not yet been discovered, nor all the cases ascertained in which they can be beneficially used. In fact, owing to the small quantity of water furnished hitherto by the Aperient Spring, its qualities have been but little tested, and there can be no doubt, (judging from its constituents) that it will be found equally salubrious as the Anti-Dyspeptic Spring, only better adapted to another class of cases. To give a general idea of the properties of these waters, we might say that they are peculiarly serviceable in those diseases which originate in a disordered state of the stomach and bowels, and also in hepatic affections. It is proper, however, to enter more into details, and we therefore, submit the following synopsis of the medical properties of the *Anti-Dyspeptic* Spring.

MEDICAL PROPERTIES.

1. It relieves nausea and headaches, arising from disordered stomachs.
2. Neutralises acidity, and if taken at meals, or immediately after it has a tendency to prevent those unpleasant sensations so often experienced by invalids, from indiscretion in dieting.
3. Is an excellent tonic, exciting appetite and imparting strength to digestion.
4. Quiets irritation of the alimentary canal.
5. Controls and lessens the force of the circulation when unnaturally excited by disease, and often in this way, is remedial in internal inflammation of the organs.
6. It tranquilizes nervous irritability.
7. Is a mild and certain expectorant, often allaying dyspnœa, and promoting recovery from chronic ailments of the chest or wind pipe,

8. It alters the action of the liver where this has been previously deranged, in a manner peculiar to itself, and under circumstances in which the ordinary alteratives are forbidden by reason of their excitve, or otherwise irrelevant properties.

9. It is also sudorific or diaphoretic; and

10. When taken at bed-time, often proves itself soporific: apparently stilling that indiscribable, but too well understood inquietude, which so frequently and unhappily interrupts or prevents the repose of the invalid, and especially of the dyspeptic.

Having thus briefly stated the properties of this Spring, we submit the following statement of cases, treated at the Grey Sulphur, illustrative of the effect of the waters, and in corroboration of what has been advanced. Except those which are noticed in their proper places, all are either directly from the pen of the sufferers themselves, or were immediately dictated by them in the form in which they appear in the notes. The originals are in our possession, signed by the individuals, whose cases are referred to.

No. 1.

Dear Sir,—I take pleasure in stating that the waters of the Grey Sulphur have proved quite beneficial, during a visit of ten days, both to Mrs. S. and myself. We have both been suffering with that distressing malady, Dyspepsia, for a long time, and in my case with a general nervous debility, a weak and torpid state of the stomach and bowels, and at times great distress of the head and mind, and nervous excitement, *even to spasms*. After drinking freely of the *Anti-Dyspeptic* Spring, *even at meals*, the water produced a fine glow and perspiration, suspended the nervous irritation and distress, and acting as a tonic for the stomach, created a strong appetite and enabled me to partake, with impunity, of any or *all* the solid and delicate dishes with which your table abounded. The water of the *Anti-Dyspeptic* Spring, corrected and prevented acidity of the stomach, and seemed to give activity and strength to that organ—but we required a free use of the *Aperient* Spring, in the mornings, to prevent a constipation of the bowels, which the *Anti-Dyspeptic* Spring seemed to produce.* A glass or two of the *Anti-Dyspeptic* Spring, on retiring, produced a glow, allayed nervous irritation, and induced a fine night's sleep; and we have, as well as our servant woman, who was in a debilitated state of health, experienced more benefit here than from any of the Waters we have as yet visited.

Respectfully yours, &c,

* In a few instances this effect was complained of, but we found it was only in those cases where habitual costiveness existed, and this was easily remedied by making use of the *Aperient* Spring, before breakfast.

No. 2.

Dear Sir,—It gives me great pleasure to inform you of the general effects of your Anti-Dyspeptic Spring, in my case. During the three day's trial of the waters, I am convinced of its diuretic and diaphoretic qualities, and in one instance it acted as an alterative on my liver, producing a free discharge of bilious matter. My general health has improved, the symptoms of my disease (Neuralgia) have mitigated, my appetite increased, my pulse has become more tranquil and regular, and my sleep more continued and refreshing. I have also gained strength and weight, (3lbs. in three days,) during my short sojourn with you.

Yours respectfully,

No. 3.

On the 6th August, 1835, I arrived at the Grey Sulphur Springs, in a state of much depression, accompanied by fever and rapid pulse—both, arising from a complication of disorders belonging to the throat, the stomach and bowels. In the afternoon I drank of the Anti-Dyspeptic Spring, and its immediate effect was to produce a gentle moisture of the skin, and to reduce the pulse from an *hundred beats in a minute* to about *eighty*. In the evening, my system generally was relieved. On going to bed I drank of the same spring, and on the following morning felt a continuance of the same agreeable influence, and an improved appetite. In the afternoon there was a further reduction of pulse, and my fever entirely subsided, but partially returned in the night, with quickness of pulse, but by no means accelerated as it was when I came. In the course of the *second* day, the pulse beat *sixty per minute*, but quickened again. The first 24 or 36 hours experience was followed by similar effects, the two following days, one of which I confined myself to the Aperinet Spring, and perceived no difference. Neither of them had the effect to move my bowels, but on the contrary to constipate them. I am much inclined to believe, that a continuance of these waters might have a salutary influence upon my very *singular*, very troublesome, and very obstinate case, if I can judge of their agreeable effect upon my skin, my spirits and system generally, in so short a time as *three days*. There was a continued reduction of the pulse from an accelerated action, produced at the ——— Sulphur Spring, by drinking its waters; but it varied, being considerably quickened in the evening and during the night. The appetite was much improved and continued uniform. I regret that I could not remain long enough at the Grey Sulphur to test its effects upon my chronic complaints.

No. 4.

Mr. H—— had had frequent hemorrhages, accompanied with pain in the chest—his cough was slight, but he suffered much from phlegm. 24 hours after being at the Grey Sulphur, on examining his pulse, it was

found to be about 100. Made use of the Anti-Dyspeptic Spring, taking about three tumblers per diem. Three days after, (about the same hour of the day,) his pulse was again examined and found to be reduced to 76 beats per minute, and he felt much better. Having left home for the — Spring, he thought it his duty to go there. About a month after, he returned. He had gradually improved in health, and looked much better, and was evidently so. His pulse, however, was much too frequent, and he could not get it lowered. After leaving the Grey Sulphur, it had risen up, to from 85 to 90, and in the afternoon was frequently at 100. In the afternoon of the day he arrived, his pulse was counted, and found to be about 100. After remaining five days, he again left for the — Spring, his pulse varied, during his stay at the Grey, from 75 to 90, but never reached so high as 100. His complexion became clearer, his spirits better, and his cough entirely left him. It had been gradually lessening at the — Spring, but he could not get rid of it altogether, and was, moreover, very annoying to him early in the mornings. In reply to an enquiry, he stated, after a little reflection, "that he had not coughed once, that he could recollect, since his (recent) arrival at the Grey, and expectorated with more ease the phlegm which collected in his throat."

NOTE —The above is extracted from notes we kept of a few cases during the last summer. Not intending, at first, to publish them, we did not ask the consent of Mr. H. and we hope he will pardon the liberty we have taken.

The three following cases, which occurred in 1834, we give from notes made soon after, and whilst the circumstances were fresh in our memory, and for the correctness of which we hold ourselves responsible.

No. 5.

Mr. A. W. of Baltimore, arrived at the Grey Sulphur, in August, 1834. His health had been feeble for some time, though in appearance he looked but little like an invalid. On the morning of the second day after his arrival at the Grey Sulphur, he had, whilst standing at the Spring house, a considerable hemorrhage—a half pint of blood, at least, was spit up in a very short time. A little common salt was administered, which had the effect of stopping it. It being deemed improper for him to move immediately, he was induced to lie down on one of the benches. About a half hour after this occurrence, his pulse was felt for the first time. It then beat 118 per minute; nor did it vary for the next half hour. He was persuaded to take some of the water of the Anti-Dyspeptic Spring, which he was loth at first to do, lest a recurrence of the hemorrhage should take place. He took about a half pint of water, in small quantities at a time, with intervals of from 15 to 20 minutes between each. In about an hour from the drinking of the first portion of the water, the pulse was reduced to 98 beats per

minute. Soon after, he was assisted up to his room and put to bed. His pulse was not again examined until about 4 o'clock in the afternoon, (the hemorrhage had occurred about 10 o'clock, A. M.) it was then found to have fallen to 86. In the course of the day, he had taken about a pint of the water, in quantities of about a half tumbler at a time. The next morning his pulse was again examined, and found to have fallen to 84 beats per minute. In the course of the day, he left his bed and came down stairs, and the day following, he left the Grey for the Red Sulphur, to obtain Medical advice. His pulse was not examined after he left his bed.

No. 6.

Mr. M., of South-Carolina, had been long a dyspeptic, and had suffered, for many years, from *Chronic Diarrhœa*. Early in the season of 1834, he visited the Saratoga Springs—the water proved injurious to him. From thence he visited the White Sulphur, Salt Sulphur, and Red Sulphur Springs, without experiencing material benefit. When he arrived at the Grey Sulphur Springs, he was exceedingly feeble and had to be assisted about, and for several days scarce ever left his chamber, except at meal times. His passages were very frequent, from 8 to 10 during the night, and about the same number during the day. He had entirely lost the power of secreting urine, and all liquids which he drank passed through his bowels mixed up with undigested food. His passages were thin and of a whitish clay colour, apparently made up of water and undigested food, the latter so little changed as to be easily recognized. In three days, his passages were reduced to from 2 to 3 each night and about the same number during the day, the consistency and colour also changed. In a week's time, this change was still greater. The number of passages were about the same, but they became of a bright yellow colour, and similar to a child's in consistency. He moreover secreted urine freely, and on one occasion he informed us, that he had passed a large quantity of "pure bile." His bowels remained nearly in this state, during the time he remained at the Spring, (about a fortnight,) but he improved greatly in bodily health, walked out, was cheerful, and in every respect appeared better. The intended stoppage of the stage hurried him off earlier than he wished. He left the Grey Sulphur with the belief that he had derived considerable benefit from the use of the Waters. It is proper to remark, that his appetite was enormous, and that he did not restrict himself in his diet.

NOTE.—There were several other cases of Diarrhœa at the Grey Sulphur, in 1834, all were materially benefited by the use of the Anti-Dyspeptic Spring.

No. 7.

Mr. L—— arrived at the Grey Sulphur Springs about 4 o'clock in the afternoon. He had been for some time in a delicate state of health

and had suffered much during the day. Early in the morning he had been seized with nausea, which brought on vomiting. The irritation increased during the day, and the vomiting became frequent and easily excited—all food was immediately rejected, and so irritable became the stomach, that two mouthfuls of water, taken a short time before reaching the Grey Sulphur, were thrown up, before he could recline back in his carriage. He was very much exhausted when he arrived, but without sitting down, requested to be shown to the Spring. We accompanied him down. He took a glass of the Anti-Dyspeptic Spring, paused for a few seconds, then took another. A minute or two elapsed, and he then drank several in quick succession. The precise properties of the water had not then been ascertained, and we felt bound to caution him against making such free use of an untried water, although we then knew nothing of his case. He laid down the glass and walked up to the house with us. On the way, he mentioned the particulars already given—in continuation, he stated, that on drinking the first tumbler of water, he experienced a slight nausea, as the first of it reached the coats of the stomach, but that this wore off almost instantaneously. Being much exhausted and exceedingly thirsty, he determined to venture a second, although he firmly believed that both would be thrown up. Not the slightest nausea was experienced on drinking the second tumbler of water. Surprised at this effect, he determined to ascertain what would be the effect of taking it in larger quantities, and for this purpose he drank about four tumblers more, when he was prevented from proceeding further, by our remarks. The great quantity he had taken, not only produced no unpleasant sensations, but on the contrary, removed those he had previously experienced, and served to revive him. In the course of the afternoon, he took two or three glasses more of the water. About 7 o'clock, supper was served, of which he partook freely, making choice of substantial food, such as broiled chicken, bread, rice, &c. Not the slightest nausea was produced. Fearing a recurrence the next morning, he was advised to take some of the water before he left his bed. We were informed, that a slight nausea was felt, but it immediately wore off on drinking a glass of the water. In similar attacks, which this gentleman had previously had, each was succeeded by such costiveness that medicine had to be resorted to. In the present one, there was no occasion for medicine; the evacuations were large and the bowels continued regular during the time he remained; nor did he at any time, thereafter, experience any nausea, with which we were made acquainted.

No. 8.

Extract of a letter, dated New-York, Jan. 21, 1836.

"It gives me great pleasure to inform you, that I fully realized all the benefit I had been led to anticipate from the use of the Waters of the Grey Sulphur (Anti-Dyspeptic) Spring, with which you so kindly

provided me. On Monday morning, I was very *sea sick*, so that I could not leave my berth without vomiting, but on taking half a tumbler of the water, I was sensibly relieved. I continued to use it agreeably to your directions, taking half a tumbler at intervals of fifteen minutes, till the bottle was exhausted. By that time, I had so far recovered as to be able to go about the deck with great comfort, and took a hearty meal, both at dinner and supper. The next morning, however, the weather having become more boisterous, and the sea running high, I was again very sick, but my resource had failed me, and I had only to yield myself quietly to the influence of that most distressing affection. From the result of the experiment, I am satisfied that it is the best remedy for *sea sickness* that I have ever heard of, and that, had not the supply of water failed, I should not have lost one meal during the voyage.

The following note, which has been kindly furnished us, refers to the same subject :—

Dear Sir,—The following is an extract of a letter received by me, from Mr. J. H., who went passenger by the Steam Boat Wm. Gibbons, in January last, showing the very beneficial effects of the Grey Sulphur Water, in relieving him from sea sickness.

"The effects of the water on me, were most beneficial, and while the supply lasted, relieved me entirely of nausea, so that I was enabled to eat heartily."

Having been at sea with Mr. H., I can bear testimony that he is a complete victim to sea sickness, and I do not know any one on whom the effects of that water could be better tested.

No. 9.

Mrs. —, visited the Sulphur Springs with dyspeptic systems, and after remaining there near a week without any mitigation of her symptoms, visited the Grey Sulphur Spring. From this Water she has found partial relief—probably her symptoms have been, since she has been here, (Grey Sulphur) less distressing than for the last twelve months past.

My father derived benefit from the — Sulphur, but after remaining at that place a fortnight, began to have a good deal of discomfort. He then visited the Grey Sulphur, where he felt himself much benefited.*

No. 10.

Sir,—It affords me pleasure to bear testimony to the efficacy of the waters of the Grey Sulphur Spring in my case. I have been suffering from Dyspepsia, for at least 15 years, during which time it has made fearful inroads on a naturally delicate constitution. The disease

* The invalid last alluded to, laboured under a pulmonary affection.

had progressed so far (a few years ago) that the slight stimulus of food, produced an immediate evacuation after every meal. This state of things could not last, and a most violent inflammation of the bowels ensued, which brought me to the borders of the grave, and eventuated in the formation of a *fistula in anno*. The sinusses spread so far, and became so numerous, that I was forced to have some of them laid open, but having a predisposition to pulmonary affections, it was not deemed prudent to operate on all of them. My digestive organs had not recovered their strength, and the irritation of undigested food, (though I lived extremely low) kept up the inflammation, and this at last extended to the neck of the bladder, and became extremely distressing. To remove the inflammation and obtain relief, I had recourse to mustard poultices and opiates, but the relief was very temporary. Whilst suffering much from this cause, I was induced to set off for the Virginia Springs. At that time, my bodily health was so much impaired, that I was almost incapable of transacting business: all employment, (even reading) was irksome to me. My digestion was so bad that I scarce knew what to live on, every thing, however plain, appeared to disagree with me, and I was at times truly wearied of life, for I looked forward only to a life of pain and suffering. Such was my situation, when in 1834, I left my home for the Springs. On my journey, I did not improve in health, but on the contrary, had a slight attack of diarrhoea. The irritation around the bladder continued or rather increased, so that I was obliged to make use of opiates daily, and sometimes, 2 or 3 times in the course of the day. The first Spring I arrived at, was the Grey Sulphur. This I consider fortunate, as I found, on trial, that all of the others were too stimulating for me, with the exception of the Red Sulphur, and from that, I am not aware of experiencing, any material benefit. Be this as it may, it enabled me satisfactorily to ascertain that the waters of the Grey Sulphur Spring, were decidedly beneficial in my case. I can scarcely describe my situation when I arrived at your Spring. I was weak, feverish, and labouring under a kind of nervous excitement, whilst the inflammation had evidently increased, and I suffered much from it, especially towards evening. I have been thus particular, that the action of the water may be more distinctly understood. The first day of my arrival, I drank freely of the Anti-Dyspeptic Spring. I took no note of the quantity, but drank whenever I felt thirsty, or had an inclination, and I must confess, with but little expectation of finding relief, or at least, not immediate, for your Spring had not then obtained that celebrity, which I am glad to find it has since acquired. Judge, then, of my very agreeable surprise, at finding in the evening, (the time when the paroxysms of pain were unusually the most violent,) that they were so slight that I had no need of medicine. I retired to rest and slept soundly. The next day I was not at all annoyed, and at the usual time, I scarcely perceived, that there was any irritation at all. The

third day I was entirely relieved, and had no return during my stay at the Spring, nor had I occasion once to use any medicine.

Other changes not less important, also took place. The diarrhœa ceased on the second day, and in the course of the week the evacuations, from being thin and of a whitish clay colour, became of an orange colour, and acquired considerable firmness, and in a short time afterwards, acquired all the characteristics of healthy passages. It is needless to say that my digestion had improved. One thing is worthy of remark, and that is, that I found myself able to digest, not only plain food, but also the richer kinds, and even desserts; and this without suffering, and even without experiencing any unpleasant feeling after meals. I should here state, however, that I invariably took from one to two tumblers of the water after *each* meal, and I found this peculiarly serviceable after breakfast, when the tea (or coffee) become (almost invariably at first) acid. During my sojourn with you, I improved in every respect, and even the discharge from the fistulas ceased nearly altogether, and I returned home in (comparatively) excellent health, which I enjoyed, until unfortunately I was attacked with the influenza during the last winter. From that time I began to retrograde, and when summer arrived, I was in almost as bad a condition as the year previous. The inflammation and irritation was quite as violent, and my digestion had again become disordered. I had experienced too much relief at the Grey Sulphur, to hesitate long as to the course proper to be pursued, and I again had the pleasure of visiting them the last season. I have only to say, that the same happy effects were produced, the only difference I observed was, that these were not so immediate as the year previous, but I amply compensated for this, by their permanency. And I have now the pleasure of stating to you, that I have enjoyed, and am now enjoying (February 12th) better health than I have known for the last 10 or 12 years, and most happy am I to state to you, that I have not had the slightest indication of inflammation in those regions where I had suffered so much.

I remain, Dear Sir, yours, &c.

NO. 11.

Mr. K——, had been dyspeptic for many years, and had suffered much during the time from acidity and considerable debility. On drinking of the water of the Anti-Dyspeptic Spring, he found immediate relief from acidity and experienced no return. It acted principally as a diuretic, and a very pleasant sudorific. The evacuations not being as copious as desired, he made use of the Aperient Spring in the mornings, and drank of the Anti-Dyspeptic during the rest of the day, which produced the desired effect of keeping the bowels regular. Found the Waters mild and gentle in their operations, and well calculated to allay irritations of the stomach and bowels. K.

The above is a true statement.

No. 12.

Dear Sir,—My health has been greatly improved by my sojourn in the mountains last season, and as the Grey Sulphur was the first watering place I stopped at, I can speak as regards myself with confidence of the salutary influence of the water, for I did not drink of it more than two days before I felt better, and my health manifestly continued to improve during my stay. Of the Grey Sulphur, I have every reason to express myself in the most favourable terms, and am persuaded, that so soon as travellers become more generally acquainted with your pleasant and agreeable establishment, it will be the retreat not only of invalids, but the resort of the gay and fashionable, who visit the mountains of Virginia in quest of pleasure.

I am, very respectfully, yours, &c.

The following Note refers to the above case.

Had had an attack of fever in August, 1834, (which reduced him much,) and also another the last spring. These were said by his physician to proceed from a deranged state of the liver, which induced him to travel to the Springs. He was exceedingly costive, and suffered much from acidity and phlegm in the throat. Feeling unwell, he took some rhubarb, at Newbern, which caused such pains, and so great weakness, that he could not proceed in the stage. As soon as he felt better, he travelled on to the Grey Sulphur. At the time of his arrival he had no appetite, experienced very unpleasant sensations in the region of the stomach, and feared an inflammation of the bowels would ensue. First afternoon, drank of the Aperient Spring, which produced only a diuretic effect. The next day drank of the Anti-Dyspeptic Spring, and the following night took a blue pill. The morning after he had a very copious evacuation, *unaccompanied with any pain, which medicine invariably produced.* Continued to mend—appetite increased—lost all acidity of stomach—had copious evacuations every day—recovered his spirits under great depression of which he had laboured, expectorated, (or rather merely hawked up) the phlegm with the greatest ease, which before was exceedingly troublesome and difficult to get up, felt no pain, and in every respect reported himself better.

No. 13.

I arrived at the Grey Sulphur on the 13th of August last. I was not then aware of having experienced any essential benefit from the use of the Waters of those Springs I had previously visited. The weakness of my stomach had increased, as evinced by a considerable pressure on that organ, after even a slight meal. My head, for the first time in many years, was much affected, and the pain over the region of the liver, was more distressing than I remember ever to have felt. Six or seven tumblers of water a day, from the Anti-Dyspep-

tic Spring, in less than a week entirely relieved my head, improved my appetite, and diminished materially the pain in the side. The disagreeable sensations of the stomach, after dinner, invariably abated from a copious draught of that water. Mrs. S. is satisfied that she derived more benefit at the Grey Sulphur, than any other Spring in Virginia, except the White Sulphur. A week's free use of the Water from the Anti-Dyspeptic Spring, generally increased her appetite, lessened the frequency of the pulse, relieved her head, and operated most beneficially on her spirits. In that time she gained in flesh, $4\frac{1}{2}$ lbs. Both of us found the Waters of the White and Salt Sulphur too stimulating, otherwise, the former Spring proved serviceable, though in my own case, judging from my feelings at the time, not decidedly so. It is proper I should add, that I have long labored under a torpid state of the liver. Mrs. S.'s complaint is, a great prostration of strength, together with a nervous affection and derangement of the biliary ducts.

No. 14.

Dear Sir,—* * * I left home with Mrs. M. and my second daughter in a very low state of health. Mrs. M.'s disease, Dyspepsia, commenced some years since, and progressed until it had assumed its most violent form. Nothing she eat previous to our leaving home, (with the exception of soda biscuits) which did not produce more or less derangement of the system. Thirteen days of very moderate riding brought us to the Grey Sulphur Springs. We were there, perhaps, a week, before Mrs. M. would allow she had received any benefit, after which she acknowledged a gradual improvement, until at the expiration of three weeks she could indulge in a considerable variety of food. Her improvement there, was such, as to induce me (though no dyspeptic) to recommend the Grey Sulphur to all I have since conversed with. Our daughter had had a short, though violent illness; I considered her health almost re-established when we left you. Miss H. accompanied us, her case an affection of the lungs. She says the Grey did not disagree with her, the waters of the other Springs did. She left home in a bad state of health, and has returned looking healthy, though she has yet a cough. We left you the 25th day after our arrival.

15.

My Dear Sir,—Having, as I conceive, derived material advantages from a visit to the Grey Sulphur Springs, during the last summer, (July, 1835.) I feel it my duty to state the effects produced on me, in consequence of using the waters for a week.

I had been for two years labouring under the effects of Dyspepsia, accompanied with acidity—pain in the head—restlessness at night, and occasional violent attacks of cholice. Travelling at the North and a short visit to the different Springs of Virginia, had, I thought, relieved my symptoms a little, but had not benefited me materially.

For a couple of days after my arrival at the Grey Sulphur, I drank freely of the waters of the Aperient Spring without any decided advantage, and was after a day's fatigue and exposure to wet feet, attacked with my usual enemy, the cholera. In my distress and agony, I was informed that others had been relieved under similar attacks, by the use of the waters of the Anti-Dyspeptic Spring. I accordingly drank two tumblers full of the waters of that Spring in succession. An almost immediate relief succeeded. Carthartic operations were freely produced—after which I fell into a sound sleep which continued for many hours, and I felt myself once more refreshed and relieved from the attack. I remained several days longer at the Springs than I had at first intended—making free use of the waters of the Anti-Dyspeptic Spring. They continued to have a mild cathartic effect till all dyspeptic symptoms were removed, when they ceased to operate on me. Nine months have since elapsed, and I have not had the slightest attack till a fortnight ago, when I felt some unpleasant symptoms which were removed by spending a few days in the country. So confident am I of the good effects of the waters of the Grey Sulphur, in cases of Dyspepsia, that I am anxious to keep a quantity of it by me, and resort to its use whenever any symptoms of the disease may return.

Yours, truly,

No. 16.

Mr. B.—has had a bronchial affection for many years, which, at times, was so distressing as to compel him to remain propped up in a sitting posture, in bed, the whole night, and in this mode obtain some sleep. To obtain relief from this affection, he now travelled. When he first arrived at the Grey Sulphur, the cough was very troublesome. Made use of the Anti-Dyspeptic Spring, which had the effect of producing a gentle perspiration, especially at night, and which effect was continued whenever the water was taken, during the whole time of his stay. The cough gradually diminished, until it almost disappeared altogether. At first there was considerable difficulty in getting up the phlegm, but after drinking the water a short time, it was expectorated with great ease. During the time he was at the Grey Sulphur, he slept well—had an excellent appetite, and could easily digest whatever he partook of.

B.

The above is a true statement.

No. 17.

Dear Sir,—I think I can safely testify, (so far as I had the opportunity of trying the Grey Sulphur Waters) that they acted *more kindly on the skin*, than any other Waters I have yet seen, and as an anti-acid, they far exceeded any thing that I have heretofore tried. I shall take great pleasure in recommending your Spring to all my friends, who are labouring under a dryness of the skin, or of an acid stomach. Since the

receipt of your letter, I met Mr. S. (case No. 1,) he remarked that he received greater benefit from your Springs than any other in Virginia.
I remain yours, respectfully.

NOTE.—Mr. —. has omitted to say which of the Springs he made use of, but we are able to supply the omission. He used the Anti-Dyspeptic, we believe, altogether; certain are we, that the Waters of that Spring produced the effects described above, and we will here take the liberty of stating the effects (in one respect,) a little more in detail. As we understood Mr. —. he had not had (up to the time of his visit) any moisture of the skin for several years past, except when he was engaged in violent exercise and in the sun: an unpleasant dryness was the natural consequence. On retiring to bed the first night after his arrival, he took two glasses of water from the Anti-Dyspeptic Spring, which had the effect of producing a gentle perspiration during the night. He left the next morning, but returned again in the course of 10 days, and remained about a week, during the whole of which time (as we understood) the same effects were produced.

The above statement of cases, were submitted to Professors James Moultrie, jun. and S. Henry Dickson, of the Medical College of the State of South-Carolina. The following letters will show the opinion entertained by these gentlemen relative to the medical properties of these waters.

Charleston, February 11th, 1836.

Dear Sir,—I have overlooked your intended publication, together with the accompanying documents. I think the statements furnished by the latter, fully authorize you to put forth what you propose. The amount of experience with the Waters is very small, to be sure, but such as it is, it is calculated to excite *strong presumptions* in their favour. Indeed, considering their analysis, jointly with the fact furnished in your documents, I have confident expectations that they will prove among the most useful discoveries of that sort, yet made in our country. All thus early known of them, encourages us to look for future corroboration of the impression you have imbibed respecting their virtues. Considering their elements, they cannot be nugatory, and must, therefore, be productive of benefit or mischief. Reasoning from what we already know, the evidence appears to be altogether in favour of a salutary result.

Very truly, yours,
JAMES MOULTRIE, JUN. M. D.

J. D. LEGARE, Esq.

February 11th, 1826.

Dear Sir,—I have perused with attention and interest the papers sent me, containing reports of cases in which the Waters of your

Virginia Spring have been tried; and do not hesitate to express the opinion, that they fully justify the statements made in your proposed publication. Professor Shepard's analysis exhibits a singular combination of ingredients, and prepares us to anticipate striking and gratifying results from the use of Waters containing remedies of such obvious efficiency. I confess, I am led to entertain sanguine expectations of benefit to a large class of patients, from these fountains, and shall be much disappointed if the "Grey Sulphur Springs" do not soon attain a high rank among the summer resorts of invalids, and of the fashionable world.

With great regard, I remain, Dear Sir, yours, faithfully,
S. HENRY DICKSON, M. D.

J. D. LEGARE, Esq.

We here close for the present, our account of the Medical Properties of the Grey Sulphur Springs. The report of cases might have been more extended, had we applied to all of the individuals, who have been benefited by the use of these Waters. It was not deemed necessary to do so. Invalids, with strongly marked cases, will in all probability, visit these Springs, during the next and succeeding seasons, and it is our intention to preserve a record of such as may be communicated to us.

JOHN D. LEGARÉ.

ADDENDA.

DIRECTIONS TO TRAVELLERS.

TRAVELLERS are often at a loss to ascertain the most direct route to the place they are desirous of visiting. We have, therefore, annexed the following directions for reaching the Grey Sulphur Springs.

From the South.—Those who reside in the lower part of South-Carolina, Georgia, and Alabama, may take steamboat from Charleston to Norfolk and Richmond, and stage from thence to the Warm and other Springs, as in directions for those from the North. Should they travel by land, they should direct their course, so as to reach Salem, No. Ca. by the most eligible route. At Salem, the road branches, one crossing at Maggoty Gap, to Fincastle, and the other at Good Spur Gap to Newbern, and the Grey Sulphur Springs. The latter is equally as good as the former, and much the shortest in reaching either the Grey, Red, or Salt Sulphur Springs; and even to those who intend visiting the White Sulphur, or the Hot and Warm Springs, whilst it does not lengthen the journey a single mile,* it offers the opportunity of seeing all, and of trying any particular spring they may desire, for the traveller by this route arrives at the Southern extremity of the line of Springs, and can visit each of them in succession, without being obliged to retrace his steps once. The following is a list of houses on the road from Salem to the Grey Sulphur, with the distances annexed.

From Salem to Spainhours, 19 miles. Mrs. Armstrong's, 12 miles. Col. Wright's, 11 miles. Mrs. M'Craw, $\frac{1}{2}$ mile. Edward's, (foot of Good Spur Gap,) 12 miles. Oneil's, (top of the mountain) 2 miles. Stephen's, 16 miles. Mrs. Pearce's, 5 miles. Galbreth's, 12 miles. Newbern, (Va.) 8 miles. Wisner's, 3 miles. Shannons', 9 miles. Giles, C. H. 10 miles. Grey Sulphur, 9 miles. Red Sulphur, 8 miles. From Grey to Salt Sulphur, 20 $\frac{1}{4}$ miles. Those who travel by stage, should take the Piedmont line from Augusta, Georgia, (or Columbia, in So. Ca.) to Lexington, No. Ca. from thence take a conveyance to Salem, from which place a stage runs tri-weekly to Newbern, where it connects with the line of stages running to the Grey Sulphur, and the

* According to the way-bills of two gentlemen who had travelled this route, it is 174 miles by the Maggoty Gap route from Salem to the White Sulphur, and 173 miles by the Good Spur Gap and Grey Sulphur Road to the same place.

other Mineral Springs. In following the Piedmont line to Lynchburg, (as they may be advised to do) they will be taken considerably out of the way, and their expenses, of course, increased. From the Grey Sulphur, a stage runs tri-weekly to the Red, Salt, and White Sulphur, and the other Springs; and haeks can be had when required.

From the West.—Those who reside in the upper part of Alabama, Missouri, or West of the Alleganies, should endeavour to get into the main Tennessee road as soon as practicable, and continue down it, to Newbern, and from thence cross over to the Grey Sulphur as directed above. From New-Orleans, Natchez, or those sections bordering on the great rivers of the West, it will be found most eligible to take a Steamboat up to Gyandotte. From thence a daily line of stages run, passing through Lewisburg and by the White Sulphur. From the latter place take the stage to the Grey.

From the North.—On the supposition that they have concentrated at Washington, D. C. their route will be—Fredericksburg, Charlottesville, Staunton, Warm-Springs, Hot-Springs, White Sulphur, Salt Sulphur, Red Sulphur, and Grey Sulphur. The roads are good, and the stages excellent throughout. Extra and hackney coaches can be procured on the route, if preferred.

From any of the other Springs.—If at any other Springs than the Red Sulphur, it will be necessary to go to the Salt Sulphur, from thence, if in stage, proceed on to the Red and Grey Sulphur; but if in a private conveyance or hack, it will be decidedly the best to take the road leading *direct* from the Salt Sulphur to the Grey. The road is an excellent *valley* road, fully as good as any unturnpiked road in that section of country, having but *two* hills of any height,* and they of very easy ascent, and no narrow or dangerous passes. The distance by this road is but $20\frac{1}{2}$ miles, whilst that by the way of the Red Sulphur it is 27 miles—there being but two miles difference in the distance from the Salt to the Red, and from the Salt to the Grey Sulphur. Those who desire it can always procure haeks at the White and Salt Sulphur Springs, (especially at the former) to visit the Grey, at which place conveyances can be had to return.

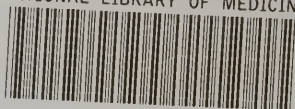
Those residing in the South and South-West, who desire to return by the Tennessee road, will find the route by the Grey Sulphur, shorter, and fully as good as that by Fincastle.

There is a Post-Office kept at Peterstown, and letters may be directed either to that place, or simply to the "Grey Sulphur Spring, Gile's County, Virginia."

Regular files of papers are kept from Boston, New-York, Philadelphia and Charleston, and a small select Library is at the disposal of the visitors.

* It is contemplated to take the road around these hills, and this may be accomplished before the season of travelling arrives.

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